

2012-13 COACHING MANUAL



Dear Coaches:

As we prepare for another season to begin, I would like to take this opportunity to welcome you to another year of Jr. Jazz Youth Basketball and to thank you for your involvement. Speaking from experience, I know that coaching can sometimes be a trying and a frustrating experience; but without your hard work and commitment, this program would not be the success it is today.

One thing I have been stressing to my players is defense. I strongly believe that good defense is a crucial element to any team's success. This could help improve your team's overall performance too.

Beyond the basic skills, I would like the kids to leave the season with a sense of good sportsmanship and a feeling of accomplishment. Naturally, some kids will have more talent and ability than others. Nevertheless, it is important that every child feels that they are a contributing member of their team – regardless of whether they win or lose.

But above all, let's have fun. We must never forget that basketball after all is just a game, and games are about having fun. Also, remember in coaching Jr. Jazz that your success is not your win/loss record.

Good luck and thanks again for your dedication to this program.

Sincerely,

A handwritten signature in black ink, appearing to read 'Tyrone Corbin', with a long horizontal flourish extending to the right.

Tyrone Corbin
Head Coach



Tyrone Corbin — Head Coach of the Utah Jazz



A Program of the Utah Jazz and Community Recreation Agencies!

Jr. Jazz Basketball is sponsored by...



Individual Program Comparison and Specifics

League	Grades	Maximum Players	Time	Tournament
JR. JAZZ DIVISIONS				
(A) Instructional	1-2	10	1 hour	None
(B) Novice	3-4	10	1 hour	None
(C) Intermediate	5-6	10	1 hour	None
JR. JAZZ DIVISION	7-8	10	1 hour	Local & District
INTRAMURAL DIVISION				
(A) J.V.	9-10	10	1 hour	Local & District
(B) Senior	11-12	10	1 hour	Local & District

2012-13

Utah Jazz Youth Basketball

Game Nights

The Program includes a Utah Jazz game on one of the following nights

October 31	Dallas	7 p.m.	February 1	Portland	7 p.m.
November 7	L.A. Lakers	7 p.m.	February 4	Sacramento	7 p.m.
November 10	Phoenix	7 p.m.	February 6	Milwaukee	7 p.m.
November 19	Houston	7 p.m.	February 8	Chicago	8:30 p.m.
November 23	Sacramento	7 p.m.	February 12	Oklahoma City	7 p.m.
November 26	Denver	7 p.m.	February 19	Golden State	7 p.m.
December 3	L.A. Clippers	7 p.m.	February 25	Boston	7 p.m.
December 5	Orlando	7 p.m.	February 27	Atlanta	7 p.m.
December 7	Toronto	7 p.m.	March 1	Charlotte	7 p.m.
December 12	San Antonio	8:30 p.m.	March 11	Detroit	7 p.m.
December 15	Memphis	7 p.m.	March 16	Memphis	8 p.m.
December 26	Golden State	7 p.m.	March 18	New York	8:30 p.m.
December 28	L.A. Clippers	7 p.m.	March 25	Philadelphia	7 p.m.
January 2	Minnesota	7 p.m.	March 27	Phoenix	7 p.m.
January 7	Dallas	7 p.m.	March 30	Brooklyn	7 p.m.
January 14	Miami	7 p.m.	April 1	Portland	7 p.m.
January 19	Cleveland	7 p.m.	April 3	Denver	7 p.m.
January 23	Washington	7 p.m.	April 5	New Orleans	7 p.m.
January 26	Indiana	7:30 p.m.	April 9	Oklahoma City	7 p.m.
January 28	Houston	7 p.m.	April 12	Minnesota	7 p.m.
January 30	New Orleans	7 p.m.			

The Program also includes a Utah Jazz Player Clinic.

Specific Rules by Division

1. JR. JAZZ DIVISION

Man-to-man defense should be used. No win/loss records should be kept. Players are to be assigned to teams by the director, and no special team or individual recognition is allowed. Basic skills should be taught in recreation oriented settings. All participants must play at least half of every game. Jump balls should be determined by alternating possessions.

2. JR. HIGH DIVISION

These teams may be formed with or without a draft. Any defense may be used on a full-court press, but after crossing mid-court, only man-to-man defense is allowed. The man-to-man can be switching man-to-man. However, it must be out of the double-teaming on a two-second count or illegal zone will be called. This will result in a warning the first time and a goal-tending call thereafter. The defensive player must be trying to defend his/her player within five to eight feet or an illegal defense will be called. All participants must play at least one quarter per game during the regular season. After league play, tournaments are optional in Local and District, with no State Tournament. If the league decides to create these teams with a draft, coaches will choose players in draft-like form after tryouts, with every participant put on a team.

3. INTRAMURAL DIVISION

This division is designed for those students who do not qualify for high school teams. Teams may be formed with or without a draft. Any defense is allowed, and high school rules are to be used. If approved by their coach, ninth-graders playing on their school team may play in this league. Local and District tournaments are optional, with no State Tournament. Should the league decide to create these teams with a draft, coaches will choose players in draft-like form after tryouts. Players who participate in tryouts are not guaranteed a team, depending on the number of participants.

REMEMBER, Utah Jazz Youth Basketball is a program to develop skills, sportsmanship, and progressive competition.

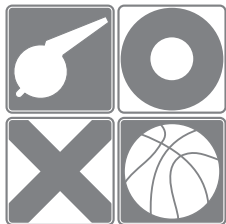
Make it a POSITIVE experience for all who participate!

Organizing Practice Sessions

This manual is designed to give you ideas on what you can do in practice as a Jr. Jazz coach. Adapt to the needs of the kids on your team. Help them to learn and feel part of each practice and each game. Make basketball fun! The suggestions are based on what the Utah Jazz do each day as the team practices. Throughout the manual are quotes from current Jazz Assistant Coach and former Jazz great Jeff Hornacek. He has tons of basketball knowledge. Each Jazz practice follows the same schedule and has four basic parts: warm-ups, fundamentals, scrimmage and cool down.

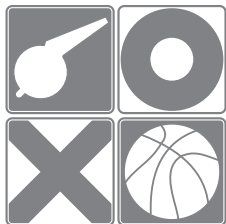
Coach Hornacek's Keys to Success:

- REBOUND, REBOUND, REBOUND
- DO YOUR BEST
- DEFENSE WINS CHAMPIONSHIPS
- HAVE FUN
- TEAMWORK = SUCCESS



WARM-UP

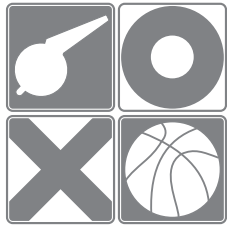
You will want to plan a few simple warm-up exercises and make a comment on the importance of physical fitness. Explain that such exercises loosen the muscles and help avoid injuries. You might also ask a couple of questions to stimulate thinking about proper eating habits and the importance of exercise throughout life.



FUNDAMENTALS

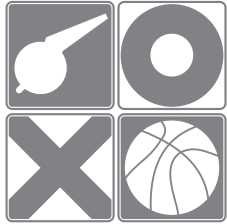
Take time to teach basic skills at every practice session, and plan simple drills to reinforce your teaching.

Work with your kids in small groups—3's or 4's—so that nobody gets bored or disinterested. Use as many basketballs as possible. If you are coaching the team by yourself, set up two or three “learning stations” and work with groups one at a time while the other groups work by themselves.



SCRIMMAGE

Even though you have already made the warm-ups and skill training portions of practice fun, this is the time the players are probably looking forward to the most. Tie it into what you are teaching about skills and fair play. Set a goal to focus on for each scrimmage and help them see the relationship between basic skills and game scenarios.



COOL-DOWN

Teams usually remember to warm-up, but tend to forget to cool down. This is an equally important part of your practice as it will lead to quicker recovery and help prevent injuries. Following the scrimmage, take a few minutes to stretch the main muscle groups that were used during practice. This time can be very beneficial to your team if you use it to recap practice, reinforce new basketball concepts learned, and remind the team of upcoming practices or games.

“THE KEYS TO BEING A SUCCESSFUL TEAM ARE DEFINITELY TEAMWORK AND CHEMISTRY. CHEMISTRY IS WHEN EVERYBODY IS WILLING TO SACRIFICE FOR THE GOOD OF THE TEAM.” -JEFF HORNACEK

Practice Session Worksheet



Date _____ Time _____

Equipment Needed _____

WARM-UP (specific exercises and why)

FUNDAMENTALS (specific skill, teaching plan, drills to be used)

SCRIMMAGE (specific skills, areas to emphasize)

COOL DOWN (specific exercises & future practice and game dates)



WARM-UP

Healthy, young players are always ready to play the game and rarely look forward to any preliminary exercises. Therefore, it is important to avoid making the warm-up drudgery and to emphasize its importance in preparing the players' bodies for strenuous exercise. The warm-up drills you use and your attitude about them will influence your players' lifetime attitudes about exercise.



Coaching Hints

1. Refer your players to the physical fitness section of the players manual.
2. Use some of the drills in the Skill Development and Scrimmage sections as warm-ups (such as the three-person weave).
3. Vary your exercises and mention the reason for each (flexibility, strength, jumping ability, etc.)

Stretching Exercises (Do SLOWLY)

1. **Deep Breathing**—ask players to take several deep breaths, expanding the chest fully by inhaling, then relaxing while exhaling.
2. **Slow Arm Circles**—do them both forward and backward.
3. **Back Stretches**—side benders and trunk twist.
4. **Hamstring Stretches**
 - a. Toe touching with feet together (keep knees straight)
 - b. Toe touching with feet crossed (keep knees straight)
5. **Thigh Stretches**
 - a. Lift leg with knee bent. Grasp shin bone and pull knee close to chest.
 - b. Bend knee and bring heel up toward backside. Grasp ankle and pull toward back side. Repeat both stretches with other leg.
6. **Calf Stretches**
 - a. Wall push—heels on floor and 22' from wall, knees straight. Hands on wall at chest height. Slowly bend elbows and bring chin close to wall and return.
 - b. Toe and heel raises—rock slowly up on the toes and down, then back on your heels (lifting toes) and down.

JUMPING AND CIRCULATORY EXERCISES

1. **See Basic Skill Drills section for drills involving running.**
2. **Bicycle**—have players lie on their backs with feet in the air. Rotate legs as if riding a bicycle.
3. **Defensive Shuffle**—spread players out on the court. Have them bend their knees and assume a defensive position with their hands up. Start the drill by waving your hand from side to side, forward and back. The players shuffle (without crossing their legs) in the direction you wave.
4. **Relays**—there are a variety of simple running relays that can be used with or without a ball. Have players run forward, backward, side shuffle, or around obstacles.
5. **Jumping Jacks**—ask players to do 30 jumping jacks at half-speed and then 30 at full speed.
6. **Shooting Lay-ups** (one or two minutes)—shooting from two lines, have players in one line rebound shots and pass to players in the other line. Encourage players to go at half-speed while warming up.





FUNDAMENTALS

Working on fundamentals is an essential part of becoming a better basketball player at every level of the game. These drills are designed to emphasize and improve basic skills, and you should alter them to meet your team's needs.

"FUNDAMENTALS ARE THE SIMPLE THINGS YOU CAN CONTROL. WHEN YOU HAVE YOUR FUNDAMENTALS YOU ARE GOING TO DO THE RIGHT THING. YOU'RE GOING TO BE IN THE RIGHT POSITION. IF YOU ARE FUNDAMENTALLY SOUND YOUR COACH WILL TRUST YOU ON THE COURT."

-JEFF HORNACEK



Coaching Hints

1. The way players perform in the game is in direct relationship to the way they have been practicing.
2. Repetition is the key to learning if the skill being repeated is executed properly. Perfect practice makes perfect.
3. Players will perform better in a game if you provide them with game like conditions at practice.
4. Flexibility in planning practice is important. You should provide drills to meet the particular needs of each individual and the team as a whole.
5. Try to have as many balls as possible at practice. Younger players can use many types of balls to learn basic skills (play-ground ball, volleyball, etc.) if basketballs are not available.

DEFENSE

Successful coaches often spend the majority of their team practice time focusing on defense. This is because good defense can help your team win even if you have a bad offensive night. Good defensive play is more demanding physically and mentally than offense, and proper defense should be stressed throughout practice.

"IF YOU PLAY TOUGH DEFENSE AND PLAY AS A TEAM THROUGHOUT THE GAME IT'S ALWAYS GOING TO GIVE YOU A CHANCE TO WIN." -JEFF HORNACEK



Coaching Hints

Teach the team a proper defensive stance—legs shoulder width apart, knees bent, up on the balls of their feet, hands active in the passing lanes. Teach them to avoid reaching and picking up foolish fouls. Stress the importance of staying between their man and the basket. Have the team perform the Defensive Shuffle Drill in warm-up section of the manual. (page 8)

PASSING

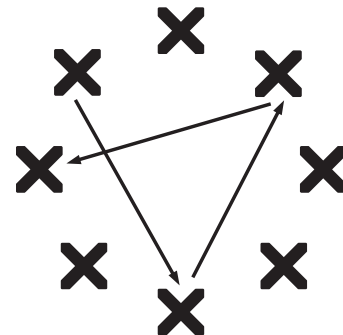
Control the ball with the fingertips. Use the right pass for the situation. Pass with force. Do not telegraph the pass. Do not take foolish gambles with the ball

“PASSING AND GETTING ASSISTS IS CONTAGIOUS. ONCE SOME GUYS DO IT THEN THE NEXT GUY WANTS TO MAKE A GREAT PASS. THAT’S WHEN A TEAM REALLY BONDS AND REALLY PLAYS TOGETHER. THEY FEEL THAT IF THEY CAN PASS THE BALL THEY MIGHT GET IT BACK AT SOME POINT. IT GIVES YOU A BETTER CHANCE TO WIN.” -JEFF HORNACEK

CIRCLE DRILL

(Pass with force – Receive)

Players form a circle and pass crisply to each other. They may pass to any player in the circle except those on either side of them.



Variations

Have players practice bounce passes and chest passes. This is a good lead-up for the Bull in the Ring drill. (page 13)



Coaching Hints

Vary distance between players according to the players’ abilities.

TWO-LINE DRILL

(Pass – Catch – Move)



The player in front of one line passes (chest or bounce-pass) to the player in front of the other line, and then goes back to the end of the other line.

Variations

Have players shuffle as they pass back and forth. Once they reach half court have them come back towards the baseline where they started. Have one of the players finish the drill by making a lay-up. Drill can also be run using the full court and having each group finish with a lay-up on the other end.



Coaching Hints

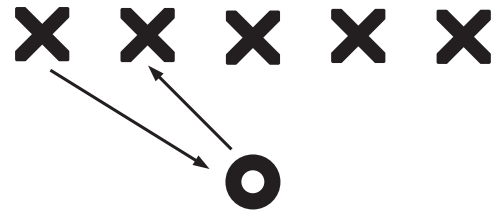
Vary passing distance according to players' abilities. Teach players to have their hands out to show where they want their partner to pass the ball. Players should catch the pass with their hands, not their body. Teach them to adapt to abilities of their partner and work as a team.

LONE PLAYER DRILL

(Strength – Peripheral Vision)

Side Shuffling – Catch and Quick Pass)

This drill is for advanced players. Two balls are needed. Players form one line facing a lone player. A ball should be given to both the lone player and the first player in line. The lone player makes a chest pass to the second player in line. At the same time, the first player in line passes to the lone player. This is repeated rapidly down and back up the line until the coach stops the drill. Then a new player rotates into the lone player spot.



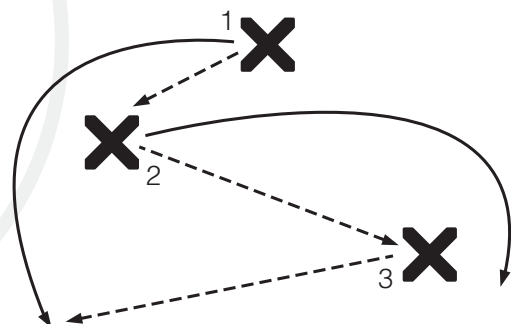
Coaching Hints

Tell the players in line that they must cooperate with the lone player by trying to pass exactly when he or she passes and by making crisp passes to the lone player at chest level. Space the line of players a foot or two apart so the balls do not meet. Tell lone player to shuffle up and down the line in order to pass from a comfortable distance.

THREE PLAYER WEAWE

(Lead Pass – Move After You Pass)

Object is to move to the other end of the court by passing. Three players line up across the base line.



The middle player has the ball, passes to a player on the side, and then runs up the court behind that player. The player on the opposite side moves toward the middle to receive the next pass. This repeats itself down the court.



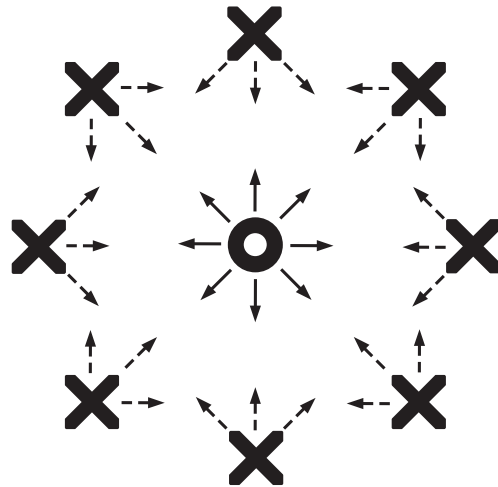
Coaching Hints

Walk through this drill slowly when you introduce it. Constantly repeat, “Go behind the player you pass to.” As players improve, speed up action and allow a lay-up at the other end. This is also a good warm-up drill.

BULL IN THE RING

(Bounce Pass – Defend)

Position a defender inside a circle of five or more players. The object of the defender is to intercept a pass. Players in the circle pass quickly and crisply to each other. Players may not pass to teammates next to them on either side, and passes may not be thrown over the defender’s head. Once a pass is intercepted, the player who “lost” the ball or broke a rule) becomes the defender.



Coaching Hints

Do not let a defender stay in the ring too long. The player will tire quickly and get frustrated. Urge bounce passes. Make sure every player in the ring takes a turn as the defender.

DRIBBLING

Control without looking at the ball. Dribble while moving. Be able to use either hand. Dribble while standing still.

“THERE ARE ALWAYS SITUATIONS WHERE YOU HAVE TO PUT THE BALL ON THE FLOOR. A LOT OF GUYS WHO AREN’T GOOD BALL HANDLERS HAVE THE TENDENCY TO LOOK DOWN A LITTLE BIT AND THEN THEY MISS THE OPPORTUNITIES THAT ARISE BECAUSE THEIR HEAD IS DOWN.” -JEFF HORNACEK

STANDING DRILLS

While in one spot, have players:

Dribble high, dribble low.

Try to continually hit a certain spot on the floor.

Use either hand (rotate hands).

Dribble in circles.

Dribble in a circle while keeping a pivot foot.

Dribble between the legs (in a figure-8).

MOVING DRILLS

While moving, have players:

Try to bounce the ball in a straight line on the gym floor while running.

Dribble around obstacles.

Dribble backwards and shuffle sideways.

Dribble to a spot, and then continue dribbling in a complete circle before dribbling to another spot.

Change speed and directions while dribbling.

Dribble while looking at a spot on the wall.

DRIBBLE TAG

(Speed – Agility – Control – Keep Head Up)

Each player gets a ball. One player is “it.” Players must stay inbounds and control their dribble. The person who is “it” cannot tag anyone without having control of their own ball. No tag-backs are allowed.

Variations

Each person takes a turn being “it” and seeing how many teammates they can tag in a specified amount of time. If any player loses their dribble, they are considered tagged.

SHOOTING

Take good shots. Have proper balance. Aim at a target. Rebound your shot.

“ONE OF THE BIG KEYS TO BEING A GOOD SHOOTER IS TO HAVE THE CONFIDENCE. YOU HAVE TO BELIEVE THAT YOU ARE GOING TO MAKE EVERY SHOT. THE FIRST SECOND THAT YOU HAVE A THOUGHT OF ‘I HOPE I MAKE THIS SHOT’ THEN FORGET IT, YOU’RE NOT GOING TO MAKE IT. YOU HAVE TO HAVE THAT CONFIDENCE.” -JEFF HORNACEK



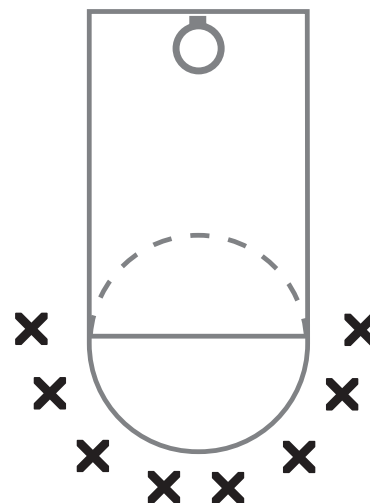
Coaching Hints

Since practices usually do not begin with every player arriving at exactly the same time, it's a good idea to devise a system that allows early arrivals to practice shooting and sharing properly. Explain your system at the first practice.

SEMI-CIRCLE SHOOT AND REBOUND DRILL

(Shoot – Follow the Shot)

Have players form a semi-circle around the basket. Player shoots, follows shot, rebounds, passes out to the next designated player, and then goes to a new position on the floor. For this drill, be sure to use every available ball and basket.



Variations

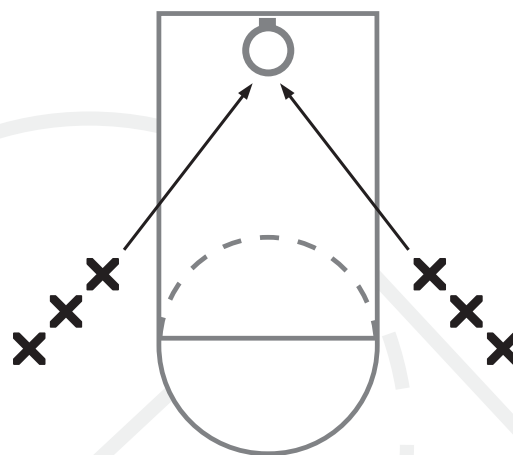
Upon rebounding, have players use proper pivoting before passing. Next player to shoot fakes, cuts, and meets pass. Upon rebounding, player takes immediate follow-up shot, especially if the first shot is missed.

TWO-LINE FEED DRILL

(Pass – Catch – Dribble – Lay-up – Rebound)

This most basic drill incorporates many skills and has many variations. The skills of your players will dictate the variations you use. The first player in the ball line dribbles to the basket, shoots a lay-up, and then goes to the end of the other line.

The first player in the other line rebounds the shot, passes to the next player in the ball line, and goes to the end of the ball line.



Shooters should go slow enough to be sure they are dribbling properly and jumping off the proper foot for the lay-up. This may mean one dribble only or no dribble at all. As skills increase, dribblers should fake, drive harder, and approach from all sides of the basket. Two balls may be introduced. Rebounders should assume game situations by waiting until the last possible moment before going in for the rebound. They should rebound, pivot and pass, or rebound, dribble to the side, pivot, and pass.



Coaching Hints

Players must get the basic steps first. Emphasize jumping high, not far. Keep rebounders far enough away from the basket so they have to run hard for the rebound.

FREE THROW SHOOTING

Have team line up around the key like they do when free throws are shot in a game. Each player shoots two free throws and then rotates clockwise around the key.



Coaching Hints

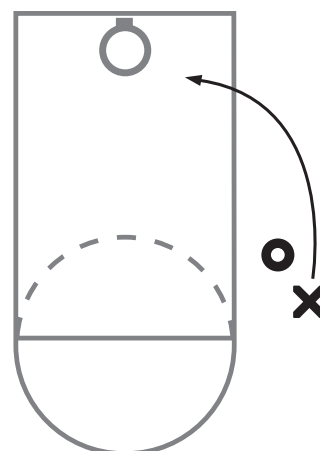
Teach the basics of being a good free throw shooter. Form a routine and do it consistently every time, bending knees and following through. Make sure the players take their time. Set goals for the team to make a certain percentage of free throws. Stress how important free throws are. It is a free shot.

“IT TAKES A LOT OF TIME TO PRACTICE FREE THROWS. AND AGAIN IT’S CONFIDENCE. WHEN YOU’RE SHOOTING FREE THROWS ALL THE SUDDEN IT’S QUIET AND EVERYBODY FOCUSES ON YOU. YOU’RE NOT IN THE FLOW OF THE GAME AND I THINK GUYS HAVE A TENDENCY TO THINK ABOUT MISSING RATHER THAN JUST GOING UP THERE TO MAKE IT. GET DOWN A CERTAIN RHYTHM YOU ARE COMFORTABLE WITH.” -JEFF HORNACEK

ONE-ON-ONE

(Defend – Shoot – Drive – Rebound)

Player X (with ball) takes position close enough to basket to be within normal shooting range. Player O (on defense) assumes good defensive position. On coach’s command, player X has three seconds to use all offensive options to score.





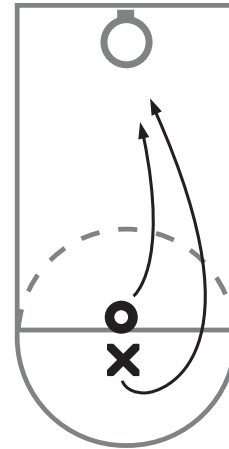
Coaching Hints

Teach both offensive and defensive players to get the other player to make an initial commitment.

DRIVING LAY-UP

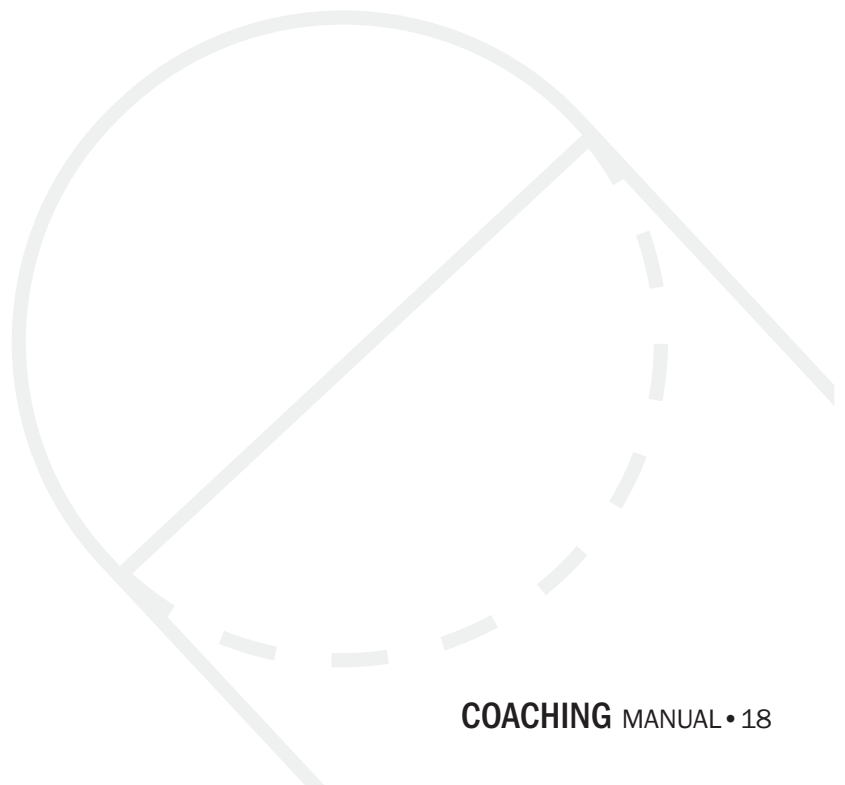
(Move Quickly – Shoot While Guarded)

Player X (with ball) faces away from the basket. Player O (on defense) also faces away from the basket and stands one step behind player X. On coach's command, player X pivots and drives in for a lay-up while player O pivots and attempts to catch up to X in time to block the shot.



Coaching Hints

Distance from the basket depends on the players' abilities. Caution the defender not to foul, because it is more important to try to force the shooter to miss and then be in position for the rebound. After shooting, players can rotate. When an offensive player immediately establishes a pivot foot, it helps the defensive player decide a defensive position. As this puts the offensive player at a disadvantage, they should be encouraged to avoid establishing a pivot foot too early. Urge both players to follow the shot for the rebound.



REBOUNDING

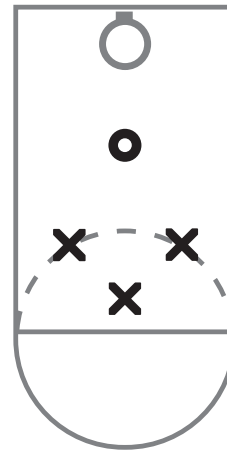
“WE ARE ALWAYS LOOKING AT REBOUNDS. WE ALWAYS WANT TO OUT-REBOUND THE OTHER TEAM.”

-JEFF HORNACEK

LONE REBOUNDER DRILL

(Rebound – Outlet – Pass – Shoot)

Position three players around the basket as shooters. A fourth player is the rebounder. The rebounder’s job is to quickly move to what he or she thinks will be the best rebounding position when each ball is shot. The player jumps for the rebound, pivots, and uses an outlet pass to a player on the side of the basket where the rebound came down.



Variations

Each rebounder gets rebounds and rotates to become a shooter. All shooters move on each shot to a new position on the floor (clockwise or counterclockwise).

ONE-ON-ONE REBOUNDING DRILL

(Boxing Out – Rebound)

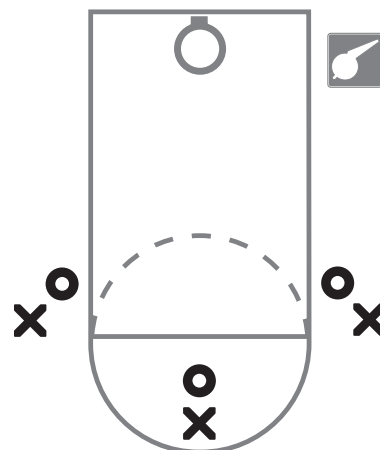
Player X takes an outside shot. The defender allows the shot with only his hand up and waving. All players attempt to rebound.



Coaching Hints

For defense—stress not watching the ball.

The defender’s first task is to check the offensive player by turning in front of him or her and boxing the offensive player away from the basket. Stress not going immediately toward the basket. For offense—stress anticipating where the rebound will go and faking to get past the defender.



TEAM DRILLS

COMPLETED PASSES

(Pass – Catch – Dribble – Pivot – Fake – Move without the ball)

Divide into two even teams. Give one team the ball to bring inbounds. Use only half the court. The team with the ball must complete five passes before shooting. When a player has the ball, he or she can dribble no more than twice before passing. If defenders intercept the pass, they immediately go on offense and attempt to score.

Variations

Vary the number of pass completions required before shooting. Rule that the pass receiver cannot throw the ball back to the last passer—a new receiver must be found.



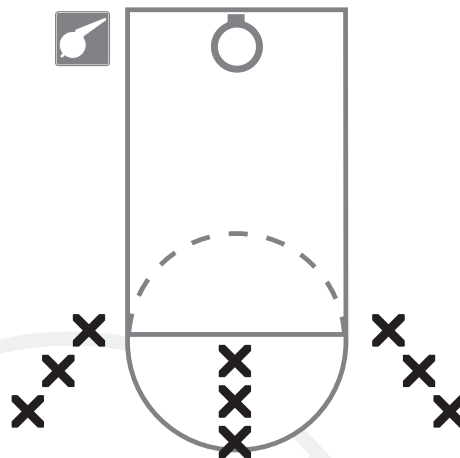
Coaching Hint

Referee this for out-of-bounds, traveling violations, backcourt, and fouls.

TWENTY-ONE

(Shoot – Rebound – Pass)

This game has many variations and allows all of your players to participate in a playful, competitive activity at the same time. The object for each squad is to score 21 points first. Long shots count for 2 points and short shots count for one point each. Divide into three squads and give each squad a ball. The squads should be stationed equal distances from the basket indicated.



On your signal, the first person in each line shoots a long shot (after the first person's turn is over, their teammates take the long shot as soon as they are passed the ball). The shooters follow their shots, rebound, and take a short shot from anywhere. After the short shot, the shooters rebound and pass to the next teammate in their squad before going to the end of their lines.

Variations

Players must take the short shot from wherever they get the rebound. Another fun variation is requiring the squads to finish the game with a long shot to claim their victory. Different baskets could be used for each squad, but it is fun when baskets are shared and balls collide in mid-air.



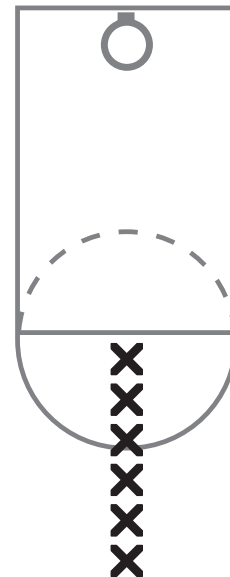
Coaching Hint

Urge each squad to loudly yell the number of points they have each time they make a basket in order to keep score. Pick balanced squads.

LIGHTNING/SPEED/KNOCK OUT/WAR

(Shoot – Rebound)

Have team line up in a single file line at the free throw line. The first and second players in line have a basketball. The first player shoots from the free throw line. If the player misses, he or she must rebound the ball and make a shot before the second player scores. After getting the rebound the shot may be taken from anywhere (usually a lay-up). If the player in line behind them scores first, the first player is out. Once a free throw is made or a player rebounds and scores, the ball should then be passed to the next person in line. The last person remaining is the winner.



Variations

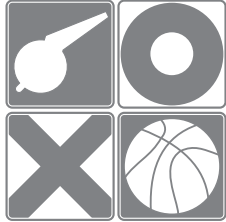
Have players take first shot from other spots on the floor (3 point line, baseline, etc.) instead of free throw line.



Coaching Hint

This game can work on several skills. Use it to teach the kids the importance of hustle, clutch shooting, and making their lay-ups.

“COACH SLOAN WAS THE BIGGEST PROPONENT OF WORKING HARD AND DOING YOUR BEST. HE ALWAYS TOLD US ‘HEY, AT THE END OF THE GAME IF YOU CAN LOOK YOURSELF IN THE MIRROR AND SAY TO YOURSELF I LAID IT ALL OUT THERE I DID MY BEST, IT MAY NOT HAVE COME OUT STATISTICALLY YOUR BEST, BUT IF YOU PLAYED YOUR BEST THEN THAT’S ALL YOU CAN ASK FOR.’ IF YOU DIDN’T WORK HARD IN THE GAME OR IN PRACTICE THEN AT THE END OF THE DAY YOU SAID TO YOURSELF I COULD HAVE DONE BETTER- THEN THAT’S A REGRET AND YOU DON’T WANT THAT.” -JEFF HORNACEK



SCRIMMAGE

Scrimmages should be designed to further develop the skills worked on during the fundamentals portion of the practice session. Scrimmages are also valuable because they give the players a chance to practice with game-like situations, which will help them play better in a game. It should be fun!

HALF-COURT BY POSSESSIONS

Divide players into two teams (4 on 4 or 5 on 5). One team is designated as the offensive team, the other the defensive team. Offensive team has five possessions. If the offensive team scores, they receive a point, if they do not, the defensive team receives a point. A possession ends when the defensive team secures the rebound. After five possessions, have teams switch roles (offensive team plays defense, etc.)

Variations

For older kids, have defensive team switch to different defensive sets (man-to-man, 3-2 zone, 2-3 zone, etc.), so team can learn to play against and in different sets.



Coaching Hints

Scrimmage can be stopped between possessions to stress different skills on both offense and defense. Help team to work on skills learned/reviewed earlier in practice.

HALF-COURT

Divide players into two teams (4 on 4 or 5 on 5). Have them scrimmage against each other for a set amount of time. Ball must be cleared above three-point line on change of possession.



Coaching Hints

Stress the importance of moving without the ball. It is more difficult to score in a half court set because the defense is set.

FULL-COURT

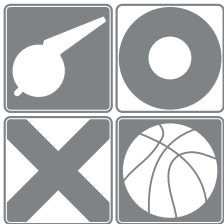
Divide players into two teams (4 on 4 or 5 on 5). Have teams scrimmage against each other for a set amount of time.



Coaching Hints

Teach the importance of hustling back on defense. Show kids how taking a bad shot on the offensive end leads to easy points for the other team. Stress teamwork on defense and unselfish play on the offensive end of the court.

“MY DAD ALWAYS SAID YOU DON’T HAVE TO BE GREAT AT ANY ONE THING. BUT IF YOU’RE GOOD AT EVERYTHING COACHES NOTICE. THEY CAN FEEL THAT YOU ARE GOING TO DO THE RIGHT THINGS. YOU’LL MAKE THE RIGHT PASS, YOU’LL PLAY DEFENSE. YOU’RE GOING TO BE ABLE TO REBOUND. YOU’RE GOING TO BE ABLE TO SHOOT THE BALL A LITTLE BIT.” -JEFF HORNACEK



COOL-DOWN

Make sure you leave a few minutes at the end of practice to cool-down and wrap-up. This time will lead to quicker recovery and help prevent injuries, while providing a captive audience for a final discussion.



Coaching Hints

Repeat the stretches used in your warm-up. As players stretch, discuss important points from practice. Recap the team’s strengths and improvements, reinforce new basketball concepts learned, and remind the team of upcoming practices or games.



Enes Kanter focuses on the target as he gently shoots over the defense.



Gordon Hayward orchestrates the offense by passing the ball inside.

JR. JAZZ SUPPORTS THE “STEP UP TO HEALTH” PROGRAM

Not only does physical activity build and maintain healthy bones, muscles, and joints, it can also help control weight. Research shows that regular physical activity can also increase alertness and capacity for learning.¹ Participation in organized groups like dance or martial arts classes and sports teams can help build social and leadership skills, and may raise self-esteem. Regular physical activity may also help reduce anxiety and feelings of depression. Researchers recommend that children be physically active for at least 60 minutes a day.²

Here are some ideas to engage children in fun and rewarding activities:

MAKE EVERYDAY LIFE LESS SEDENTARY AND MORE PHYSICAL

- Remove TV sets from children’s bedrooms and encourage them to spend time with other forms of entertainment, such as playing sports with neighborhood children or dancing to music.
- Let them play around in the backyard or neighborhood park—try games like catch, kickball, biking, or shooting hoops.

GET CHILDREN INVOLVED IN SCHOOL AND/OR COMMUNITY ACTIVITIES

- Involve children in after school organized activities or enroll them in clubs and/or sports teams based on children’s interest, personality, and skill level.

GET THE WHOLE FAMILY INVOLVED

Lead by example by reducing your own screen time and getting involved in children’s activities.

- Give children presents that facilitate activity—swimsuit, baseball glove, soccer ball, basketball, or bicycle.

1. President’s Report on Promoting Better Health for Young People through Physical Activity and Sports, November 2002.

2. Ibid.



Alec Burks calls out a play while bringing the ball up the court.

NUTRITION

WHERE SHOULD NUTRITION START?

Nutrition starts in the home with 3 meals a day. Children should be fed fresh healthy fruits and vegetables, the less processed the better. Also meats, beans, grains, and dairy are essential to a child's daily intake of healthy foods and the key to helping our children to play and succeed. Children who have nutritious eating habits at home and take care of their bodies feel better about themselves, are able to concentrate on their studies, and perform at a higher athletic and academic level.

Eating before a game or physical activity should include carbohydrate-rich foods like: whole-grain breads, cereals, pasta, fruit and milk. Avoid high-fat and fried foods. These meals should be eaten two to three hours before the activity, to allow time for digestion.

SNACKS BEFORE, DURING, AND AFTER GAMES

The American diet is hampered with over-processed, highly sweetened foods that tend to be low in nutrition and high in calories. Kids tend to consume higher proportions of non-nutritious snack foods. If snacks are provided for your teams, consider limiting them to fresh fruits and water. If you want to provide snacks in addition to fresh fruits, plan for foods that offer some nutritional value with less sugar and fat. Keep portions reasonable because large portions can lead to overeating. Some snack options may include:

- 100% fruit Juices
- Low-fat or flavored milk
- Baked Potato Chips
- Chewy Trail Mix Bars
- Sport drinks
- Popsicles made with 100% fruit juice
- Low-fat yogurt and yogurt in tubes
- Low-fat popcorn
- Vanilla wafers or animal crackers

ALLERGIES

Coaches, please be considerate of players on your teams who may have allergic reactions to certain foods and drinks. Please tell parents or those providing snacks the circumstances of your players and help provide snacks for everyone to enjoy.

FOOD AND BEVERAGES IN THE GYM

While deciding whether or not you will have snacks for you team please be sure to follow rules set forth by your league concerning food and drinks being allowed in the gyms. Please help in keeping the facilities clean.

UTAH JAZZ SPORTSMANSHIP INITIATIVE

" IT'S A GAME. IT'S NOT LIFE OR DEATH. PEOPLE SAY TO ME 'DO YOU FEEL DIFFERENTLY BECAUSE YOU DIDN'T WIN A CHAMPIONSHIP?' AND I SAY NO. WE PLAYED OUR BEST AND LEFT IT ALL OUT THERE. YOU CAN BE COMPETITIVE ON THE COURT DURING THE GAME, SOMETIMES EMOTIONS GET IN THE WAY, BUT YOU HAVE TO REALIZE THAT IT'S STILL JUST A GAME. YOU ARE TRYING TO DO YOUR BEST AND THE OTHER PLAYERS ARE TRYING TO DO THEIR BEST AND IF YOU DO THAT AND YOU WIN GREAT. IF YOU LOSE GREAT. IT DOESN'T REALLY MATTER. IT'S ALWAYS GOOD TO BE A GOOD SPORT."

-JEFF HORNACEK

The Utah Jazz Sportsmanship Initiative is a program that promotes good sportsmanship to all those participating in the Junior Jazz Program. The program is set up to reward those teams who display the best sportsmanship throughout the season. The program holds parents and coaches responsible to teach players good sportsmanship. It also rewards them for doing so. If your local program chooses to participate in the Sportsmanship Initiative, teams will have the opportunity to earn points during each game, and points will be calculated for the entire season.

Purpose

To emphasize the importance of sportsmanship to players, coaches, and parents. The initiative will continue to allow players to compete and have fun while teaching them the meaning and value of sportsmanship. If players exercise good sportsmanship each game, they and their teammates will be rewarded. If they do not exercise good sportsmanship, they will miss out on opportunities. The program is also based on the behavior of coaches and parents, who have a large influence on the players. If the players are going to behave properly, they need coaches and parents to set proper examples. Inappropriate behavior by adults affects the player's actions, and will also affect the player's chances of winning the award. If coaches and parents behave badly, the players suffer the consequences. Participants will be judged on five categories each game (see criteria chart). Parents' and coaches' behavior will affect their child's/team's chance at winning the award. The Utah Jazz players, coaches, and staff recognize the importance of good sportsmanship and give 100 percent support to the Utah Jazz Sportsmanship Initiative.

Criteria

The Sportsmanship Initiative program gives participating teams a sportsmanship score following each game. The teams will receive a score based on the following criteria:

Sportsmanship Criteria	Points	Examples
Players and coaches shake the opposing team's hands after game.	1	Players and coaches shake hands after game; ensure no negative activity occurs during this activity. Encourage players to shake the officials' hands after each game and thank them.
Coaches keep players and parents under control.	1	Coaches remind parents and players before each game of sportsmanship. Coaches monitor parents' behavior and remind them of sportsmanship if they get out of control, etc.
No technical fouls or flagrant fouls called on team during the game.	1	Coaches encourage players to remain calm, take control of out-of-control situations, do not coach players to commit hard fouls, when a call is made do not try to get the last word.
Parents and spectators are positive during the game.	1	Parents praise efforts of players on both teams and do not yell negative comments to other parents, players, or officials. Parents cheer loudly and positively.
Teams go out of their way to display good acts of sportsmanship during the game.	1	Tell other players good job, parents compliment other players, coaches played fairly with players, players from opposing teams high-five each other, helping other players up off the floor.

Coaches

Teach your players the importance of competition and always playing hard.

Giving your best effort is an important part of sportsmanship. The Sportsmanship Initiative has been designed to unite competition with fair play. Studies show that the majority of kids join youth sports with the purpose of "having fun." Many mistaken coaches believe that their job is to help win games. This attitude leads to confrontation among coaches, parents, and officials. We encourage you to take the role of a teacher. Help young players to get the most out of the program.



Bear



How to Play

- The game is played by one individual.
- The player has one minute to score as many baskets as possible from any of the five different shooting spots identified on the game court.
- Each shooting spot is worth a different point value ranging from two (2) to five (5) points.
- The player with the highest score advances to the next level of play.
- Local winners advance to the area competition and the area winners, by invitation, will advance to the final competition held at EnergySolutions Arena.

Game Rules

- Player begins with ball in hand at the free throw line.
- The game-coordinator will signal when play is to begin.
- Player must dribble from one shooting spot to another. One (1) point will be deducted for each dribbling or motion violation (traveling, palming, double-dribble).
- A player can score up to two lay-ups worth two (2) points each during the one-minute competition (lay-ups must be made within a three-foot radius of the basket). Shots from the free throw line are worth three (3) points; a shot from beyond the three-point line is worth five (5) points. Three other shooting spots on the court vary in the scoring value (ranging from two (2) to four (4) points depending on the spot).
- Five (5) bonus points will be awarded for attempting shots from all spots once and ten (10) bonus points will be awarded for attempting shots from all spots twice.



INJECTING ETHICS INTO AMERICA'S FUTURE

About the I Won't Cheat Foundation

Our message to young people is that they can succeed, they can win, and they can achieve greatness within the boundaries of good character, strong integrity, and complete honesty. It's wrong to cheat your way to success. We ask kids to **take a pledge** to show that strength all their lives and earn self-respect and the respect of others by refusing to cheat in school, in sports, and in life. It may be possible to cheat and not get caught, but it is never possible to cheat and truly get ahead. It may produce short-term gains, but the damage it does to your character is never worth the cost. I Won't Cheat is bringing a new consciousness to our young people and reminding them to think about their decisions as they realize the consequences of what they do. We are teaching ethics and values to our youth--America's future! We know it is not always easy to make good decisions, but it is always the right thing to do.



MAKE THE PLEDGE NOT TO CHEAT!



Make the pledge!

- ✓ Visit www.iwontcheat.com
- ✓ Click 'MAKE THE PLEDGE'
- ✓ Fill out and submit the Pledge Certificate Form
- ✓ Check your email to print off your personalized certificate

➔ Get your whole team to submit their online pledge form and IWC wristbands will be available for everybody!

*Coaches: Email 'register@iwontcheat.com' once ALL players have submitted their online pledges for wristband pick-up information



IWC IN THE LITTLE LEAGUE
WORLD SERIES

What is Character?

Character is the ability to make the right decision when it isn't the popular thing to do. Character is the strength to not follow the crowd when the crowd is going in the wrong direction. Character is having the courage to say something is wrong when everyone else says it is right. Character is being true to yourself and those who have faith in you by refusing to cheat, even if others say it's ok, and even if you won't get caught. Character is showing, through your actions, that what you do is consistent with what you believe and who you really are.

Why does character matter most?

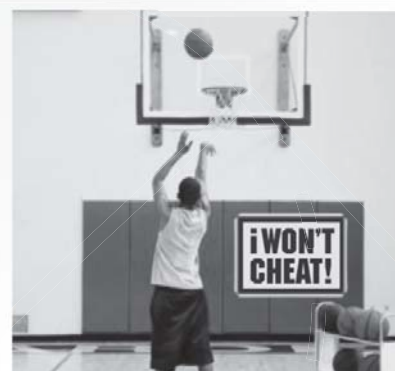
Looking in the mirror and being proud of the person who is looking back at you is a great feeling. If you compromise who you are and forget the importance of character, you will never be truly happy because you will have lost the most valuable thing you could have--self respect. Being proud of who you are only comes when you live up to the things you know are right.

The respect of those around you is something that must be earned. Like a house that is built brick by brick, the respect of others comes one step at a time, one decision at a time. Poor choices make others lose respect for you and, once that happens, trust is destroyed and it is extremely difficult to rebuild. Living up to what you know is right is the best way to always have the respect of others.

I Won't Cheat Shot Log

IWC has a new component available to all youth basketball players that want to improve their shooting, track their success and compete against their friends and teammates. Here's how you can sign up today:

- ✓ Visit www.iwontcheat.com
- ✓ Click the 'BASKETBALL SHOT LOG' icon
- ✓ Click 'Get Started' and proceed to sign-up
- ✓ Begin logging your Free Throw and 3-Point Statistics
- ✓ View your profile to see where you rank among your peers locally and nationally!



IWC SHOT LOG

ROSTER/CONTACT INFO

Player Name:

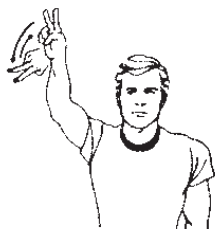
Phone Number:[illegible]

NOTES

[illegible]

OFFICIAL BASKETBALL SIGNALS

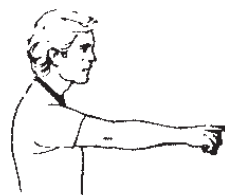
GOALTENDING



ILLEGAL DRIBBLE



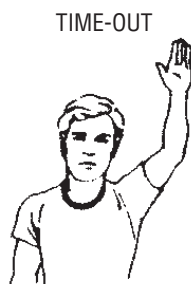
DIRECTION OF PLAY



"Flag" from wrist



Patting motion
call team color



Point - Direction
call team color



TIME-IN

TIME-OUT

PERSONAL FOUL

Chop hand
to side

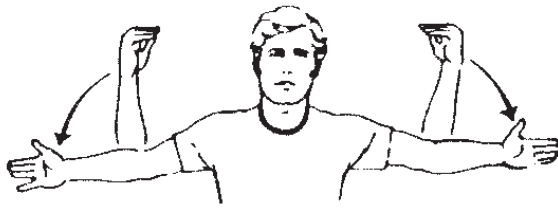
Open palm

Clenched fist

HOLDING

LOOSE BALL FOUL

ILLEGAL USE
OF HANDS



Signal foul:
grasp wrist

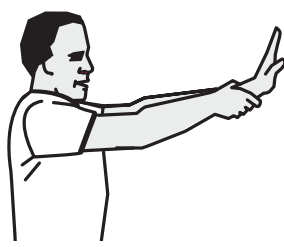
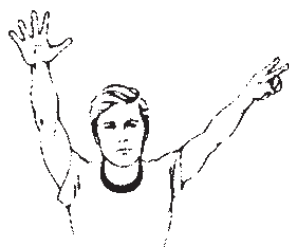
Extended arms
to shoulder level

Signal foul:
strike wrist

TO DESIGNATE OFFENDER

HAND CHECKING

ILLEGAL FOREARM



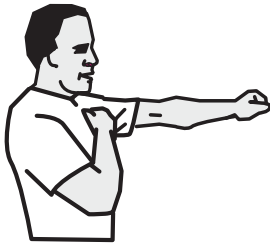
Hold up number
of player

Arm straight out
opposite arm grabbing wrist

Arm bent 90°
in front of body

OFFICIAL BASKETBALL SIGNALS

CHARGING



Clenched fist

DOUBLE FOUL



Cross clenched fists
above head

ILLEGAL SCREEN
OUT-OF-BOUNDS



Arms outstretched
and crossed in front
of chest

20-SECOND TIME-OUT



Hands touching shoulders

PUSHING



Signal foul: imitate push

BLOCKING



Hands on hips



**Make us your
official game-day
headquarters.**

Coaches, bring the team to Denny's where
you'll always get **15% off your entire check***,
award certificates for stand-out players,
and a fun gathering place for your
end-of-season parties.

How's that for a 3-pointer?



*See restaurant for details.
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MERTMEDICAL™



SCHEELS®



SAVAGE®